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**Shoulder Instability/SLAP Repair/Labral Repair/Plication
 Physical Therapy Protocol**

	Sling Immobilizer	Range of Motion	Exercises	Goals
0-4 weeks	At all times	wrist motion only no shoulder movement	No lifting/pulling/pushing	Decreased pain and swelling
4-6 weeks *Start Physical Therapy at 4 weeks	At all times except in PT	1- Pendulums 2- passive ROM only FF to 120, ER to 30 3- No manipulation	1- Scapular stabilization 2- No resistance training or strengthening 3- Deltoid, Rotator Cuff Isometrics 4- no lifting/pushing/pulling 5- if SLAP repair, no active elbow flexion or supination for 6 weeks	1- passive FF to 120 2- passive ER to 30 3- decreased pain and swelling
6-8 weeks	Remove sling at 6 weeks	1- advance active assist ROM to full active ROM 2- No manipulation	Same as above	Full ROM
8-12 weeks	No sling	Full ROM	1- Begin RTC band strengthening program 2- no weights 3- no lifting/pushing/pulling greater than 3 lbs	Full active ROM with normal scapula-humeral rhythm
12-16 weeks	No sling	Full ROM	1- Begin resistance strengthening	1- full strength
16 weeks +	No sling	Full ROM	1- Advance resistance strengthening 2- Begin Isokinetics 3- Emphasize eccentric strengthening	1- ability to perform push-ups, pull-ups, sport-specific movements

Patients will typically follow up post-operatively in clinic with Dr. Bollier at 2, 4, 10, and 24 weeks.

Specific Recommendations /Restrictions /Goals:
